

COUNTY SOCIETIES.

Alameda County Society.

The Alameda County Society held its regular monthly meeting on November 21st. There was a large attendance of members who listened with the greatest interest to a discussion by Dr. Martin H. Fischer of some of the recent work on the physiology of digestion, dealing chiefly with the experimental work of Powlow. Dr. Fischer described the operation for the formation of a Powlow pouch, in which a portion of the stomach is so segregated from the main cavity as to permit a study of its secretions, which remain uncontaminated by food during gastric digestion. He also explained the method of sham feeding, in which the animal is allowed to eat, but the food escapes through an opening in the neck instead of passing into the stomach. By a combination of these methods, it has been found that the gastric juice varies in amount and in character depending upon the sort of food eaten, and also varies at different stages of digestion; that psychic influences stimulate the stomach to secrete about fifty per cent of the gastric juice, as by the mere sight, smell, or taste of food; and that the stimuli reach the stomach by way of the vagus nerves, no secretion occurring if the vagi be cut. Articles of diet having no food value themselves may highly stimulate secretion, as in the case of meat extracts, soups, bitters, etc., so these have a certain sphere of usefulness in the meal. It is important also that food should be palatable and agreeable to the eye. Psychic influences, as grief, anger, etc., may also inhibit secretion. Milk, meat, and bread stuffs were found to require increasing amounts of gastric juice for their digestion, the ratio being about 11 to 16 to 44. Milk is thus the most easily digested of all foods.

The pancreatic secretions were also studied by Powlow, the juice being collected by cutting the duct and allowing the fluid to escape into a receptacle. He found a slight constant secretion, greatly increased on the entrance of food into the stomach. The secretion varied greatly in amount with different sorts of food, as did also the different ferments contained in it. The nervous exciting and inhibiting influences were like those referred to in connection with the stomach. It would seem that the gland cells are stimulated to secretion by the presence of the so-called pancreatic secretion. This is a substance formed in the duodenal mucosa when the acid stomach contents escape through the pylorus, and it is carried to the pancreas by way of the blood stream, and also to the liver, where it has to do with stimulating the flow of bile.

The discussion of the paper chiefly took the form of questions, after which all present proceeded to the practical application of the subject, the committee on program having thoughtfully provided a supply of sandwiches and beer upon which the principles enunciated by the speaker could be immediately tested.

T. C. McCLEAVE.

Orange County.

The Orange County Medical Association met in regular session Tuesday evening, January 2d. The attendance was good and the interest manifested was more than usual.

The Board of Censors submitted a report requesting the members who are doing contract lodge practice to discontinue doing so. This, it was assured will be willingly complied with, as all the members appear willing to conform to the by-laws of the Society.

Our library was enriched by a copy of Haines' and Peterson's work on "Nervous and Mental Diseases,"

being a holiday remembrance from Dr. R. A. Cushman of Talmage.

Dr. J. L. Dryer then read the paper of the evening, the subject being, "The Home Care and Treatment of Consumption." This was one of the most thorough papers on the subject ever presented to the Society. Dr. Dryer showed in his usual direct way that he was fully conversant with his subject. He advocates constant supervision of the physician "over the home life of the patient," or rather, "tent life" for that is the life he recommends. He is also a strong advocate of the serum treatment, but sunlight, fresh air, perfect hygiene, and nutritious feeding are his principal dependence. The discussion lasted almost three hours and it was near midnight when the Society adjourned.

H. S. GORDON, Secretary.

San Bernardino County.

The San Bernardino County Medical Society met for its annual session with the president, Dr. Hoell Tyler of Redlands in the chair, Dr. J. M. Hurlay, secretary.

A good attendance of the members of the Society was present, together with a number of leading physicians from Los Angeles, Riverside, Pomona, and Claremont; making a total of sixty in attendance.

The Medical Director of the Arrowhead Hot Springs, Dr. G. W. Tape, gave a terse and acceptable address of welcome, which was responded to on behalf of the Society by Dr. Hoell Tyler in a few well-chosen words.

Minutes of the last meeting having been read and approved, the Board of Censors reported favorably upon the application for membership of Dr. S. Y. Wynne of Redlands, and Dr. Geo. K. Abbott of Loma Linda, both of whom were unanimously elected.

The annual report of the year was then read, and showed that the past year had been the most prosperous one of the Society, its membership having increased from thirteen at the beginning of the year to forty-four at its close, in good standing, and with six delinquents. All bills were paid, and a surplus in the treasury. A vote of thanks was tendered the secretary for his energetic administration.

A nominating committee consisting of Drs. Payton and Gibbs was appointed by the chair, who reported the following list of candidates: For president, Dr. Thos. M. Blythe of Redlands; for first vice-president, Dr. Jos. A. Champion of Colton; for second vice-president, Dr. Chas. E. Ide of Redlands; for secretary, Dr. D. C. Strong of San Bernardino; for treasurer, Dr. Jno. H. Evans of Highlands.

The entire list was ratified by the Association, and duly elected officers for the ensuing year. The Auditing Committee reported favorably upon all outstanding bills, and they were ordered paid.

The first paper was read by Dr. Frank W. Thomas of Claremont, upon the "Importance of a Proper Dietary in the Treatment of Disease." He took the ground that a careful and intelligent study of dietetics was the key-note of the medicine of the future. Drugs while both useful and necessary in emergencies, could not produce the permanent alterations of nutrition which could be obtained by an intelligent selection of foods. That in nearly all of our chronic diseases such as gout, rheumatism, nephritis, and diabetes, an intelligent regulation of the diet and habits of the patient was far the most potent means of arresting the progress of the disease.

He referred in high terms of appreciation to the admirable paper of Dr. Frank Billings before the Portland meeting of the American Medical Association, and said that this and the interesting discussion which followed it, were typical of the high rank which diet was coming to assume in the mind of the profession.

He referred to the brilliant researches of Powlow upon the different strengths of digestive juices called out by different classes of food, as illustrations both of the exquisite adjustments of the alimentary canal to its work, and also of the changes which can be produced by an intelligent selection of different classes of foodstuffs.

The discussion was opened by Dr. Woods Hutchinson of the Arrowhead, who cordially endorsed the advanced and progressive positions taken in the paper. In his opinion a new era was opening up in this most important realm, and some of the old landmarks were going down to oblivion. Among them was the old three-fold classification of foods of Liebig and Voit, into the flesh-formers or proteids, the fat-formers and the heat producers. It was important to recognize that any class of food can serve any of these functions, and that all food taken into the body was broken down into its simplest molecules, and built up again into the tissues, giving out energy in the process.

Secondly, it was doubtful whether the food elements which can be built up into body tissue pass through the form of peptone. Certainly a considerable percentage of the peptones formed in the alimentary canal are on their way to the formation of creatin, creatinin, and finally other waste products. Therefore, the administration of pre-digested foods, peptones, and peptonoids, is of exceedingly doubtful value, nor was the giving of pepsin itself of much greater utility, inasmuch as all gastric analyses show abundance of this ferment present in all cases where the acidity was anywhere near normal. The researches of Powlow have shown as instincts told us long ago, that an attractive taste upon the part of food was absolutely necessary to stimulate the flow of active and effective gastric juice. Food that did not taste nice was just as definitely deficient a food as that which is defective in nutritive value.

Dr. Geo. K. Abbott expressed his appreciation of Dr. Thomas' paper, and commented upon the delicacy and accuracy of the modern tests of digestive power, and the importance of finding out whether lactose was present in the gastric juice before putting the patient on a milk diet.

Dr. Geo. L. Cole, of Los Angeles, said that while he thoroughly agreed with Dr. Thomas as to the great importance of dietetics, he had no sympathy with the therapeutic nihilism which decried all use of drugs. The man who had no confidence in drugs should resign from the profession. He agreed with Dr. Hutchinson that the patient should be encouraged to take a wide variety of foods, and that Nature knew how to take care of an excess better than she did a deficiency. He believed that pepsin and other digestives were sometimes useful in assisting patients who either could not, or imagined they could not digest certain foods. Contrary to popular, even the prevalent professional opinion, he believed with Dr. Hutchinson that most of our patients were under fed rather than over fed.

Dr. F. C. E. Mattison of Pasadena was then called upon to tell what he took for his 225 lbs. He blushing declined to reveal the secret of his physical prosperity, but stated that the more he studied the diet of his patients the less frequently he found the necessity of giving medicine in the chronic disturbances of nutrition: that he believed in going into considerable detail with his patient as to what, and how much they were eating, making them give him as nearly as possible a complete list of the articles they had eaten during the last six or eight meals, and that he frequently found in this the secret of at least part of their condition. He agreed with Dr. Cole and Dr. Hutchinson that more of our patients were under fed than over fed, especially among women and children, and that many who had attempted to regulate their diet had done so

at the expense of some of the elements of which they were most in need, particularly in the line of meats and fats.

Dr. Norman Bridge of Los Angeles, sounded a note of warning against the too strictly regulated diet. In diabetes for instance, the tissues were in a state of intense carbo-hydrate hunger and their temporary deprivation of carbo-hydrate might re-educate them to the combustion of sugars. An absolute starch-free diet was practicably impossible to obtain, and when approximately reached would ultimately injure the general nutrition if long persisted in.

He agreed with previous speakers that a wide range of foodstuffs was absolutely necessary to health, and that patients should be encouraged to increase their food-range rather than to diminish it. He agreed with Dr. Cole and Dr. Hutchinson that the majority of our patients were under fed rather than over fed, citing the well-known fact, that all consumptives were in this condition. That the senses of taste and smell were necessary to aid digestion, and produce a flow of Powlow appetite juice, and attractive cooking was of great importance in dietetics. Our ideas of digestibility of a food were altogether too exclusively based on the length of time it took to leave the stomach, forgetting that the *real* digestion was in the small intestine, and that so long as the stomach can empty itself in a reasonable length of time, and pass it on to the small intestine, a patient's nutrition can be well kept up for an indefinite period.

Dr. Jno. Haynes of Los Angeles, took issue with Dr. Hutchinson and Dr. Bridge as to the prevalence of over feeding. In his experience a large majority of our patients, particularly of successful business men over the age of forty eat too much, and a great deal too much, and suffer severely in consequence. He believed that the mere thought of savory food was sufficient sometimes to start a flow of gastric juice, and laughingly suggested, that had it not savored too much of Christian Science it might be well to instruct our patients to think of fried oysters and quail on toast regularly one-half hour or so before each meal.

Dr. Lemoyne Wills of Los Angeles, believed that we should encourage our patients to depend less upon the artificial flavors of the cook, and to relish their food in its natural state. That the use of milk, raw eggs, nuts, fresh vegetables, form a valuable stimulus to the jaded appetite, and call into play both the muscles of mastication, and the digestive secretions of the stomach and pancreas in a way that stewed, baked and boiled food do not. He believed that animals living in the open, and eating food in its natural state, were more vigorous and less subject to disease than man.

Dr. C. C. Browning thought that full and rich diet range was necessary in a great majority of cases, both to sustain nutrition, also to provide a sufficient amount of waste material to properly stimulate the colon. This was well understood by farmers and stockmen who knew that horses and cattle fed on grain alone would rapidly lose their appetite and become diseased.

He also called attention to the fact that it was necessary to not only ingest an abundance of food, but to create an appetite for it, and one of the best ways in which this can be done, was living in the open air with exercise if possible, but where fever exists, as in the case of the consumptive, without it. He thought that one of the great advantages of the open-air treatment of consumptives lay in the appetite which it gave, and the large amounts of food which it enables the patient to consume without becoming bilious. Get our patients out of the delusion that drafts are harmful. Teach them to sleep every night with a current of fresh air blowing

across the face, and half their dyspepsia would disappear.

Dr. C. Van Zwalenburg of Riverside, read a paper entitled "Shall We Open the Abdomen in the Presence of Acute Inflammation of the Peritoneum?" He held that an intelligent conservatism in this class of cases was productive of best results. He stated that during his practice in Riverside he had treated thirty-five cases of appendicitis without operation, all of which recovered. He had also found that many cases of peritonitis, from various sources, including tuberculosis, had recovered by a policy of letting alone. He had found great satisfaction in the Ochsner method of treatment in appendicitis.

Dr. A. W. Lobingier's paper on the subject of "The Conservative Surgery of the Tubes and Ovaries" was illustrated by numerous drawings and diagrams. He referred to stricture of the isthmus of the tubes, and methods of operating for this condition. His experience with grafting of the ovary had not up to the present time been favorable. He deprecated radical and unnecessary interference with organs, or inflammatory adhesions, and particularly emphasized the importance of limiting the handling and exposure of the viscera to the smallest extent possible, and the avoidance of poisonous or irritating antiseptics and flushes in the peritoneal cavity. He described several original procedures for reducing interference and exposure to a minimum, at the same time providing for free escape of pus and serum.

Dr. C. D. Lockwood of Los Angeles, opened the discussion of both papers by calling attention to the necessity of perfect drainage in abdominal surgery. He agreed with Dr. Lobingier that the pendulum of surgery is swinging back again in the direction of conservatism, and the reduction of removal and interference to only what is absolutely necessary.

Dr. Lemoyne Wills referred to the admirable original work done by the late Dr. J. McCone of Los Angeles, since deceased, in experimental transplantation of the ovary, stating that his success in this operation had been really remarkable, anticipating the results of European experimenters, and thought that his early death had been a serious loss to the cause of Medical Science.

Dr. Beardsley agreed with Dr. Van Zwalenburg that there had been entirely too much rash and unnecessary surgery of the abdomen. He had had most satisfactory experience in a number of cases of appendicitis with the Ochsner, or starvation method of treatment. He also spoke highly of Murphy's system of drainage of the peritoneum of making an opening only sufficiently large to admit the drainage tube, and closing it up close around it.

Dr. D. C. Strong of San Bernardino, thought that while the Ochsner treatment was excellent in its place, that it was being used in an unintelligent manner to a dangerous degree as a substitute for operation in appendicitis. This he was sure was not Dr. Ochsner's intention or method, as it was only used in cases seen forty-eight hours or more after commencement of the attack, or such as were from various causes unsuitable for immediate operation.

Dr. W. W. Beckett of Los Angeles, heartily endorsed Dr. Strong's remarks, and believed that in early cases the ideal procedure was to open at once, reserving the Ochsner method for cases seen too late for operation.

The discussion was then closed by Dr. Van Zwalenburg and Dr. Lobingier, replying to questions as to their methods and experiences.

The meeting was then adjourned until 8 P. M., when the Society re-assembled in the great dining-room as guests of the Arrowhead and discussed an excellent menu.

J. M. HURLEY, Secretary.

San Joaquin County.

The regular monthly meeting of the San Joaquin County Medical Society was held in the Physicians' Building in the offices of Dr. J. P. Hull, January 5, 1906; President Knight in the chair. Members present: Drs. J. P. Hull, Minerva Goodman, Taylor, H. E. Sanderson, A. W. Hoisholt, C. R. Harry, B. F. Surryhne, R. B. Knight, H. W. Taggart, W. M. S. Beede and Barton J. Powell.

The following officers and committees were elected to serve for the ensuing year: President, Dr. C. R. Harry; first vice-president, Dr. W. J. Young; second vice-president, Dr. J. P. Hull; secretary and treasurer, Dr. B. J. Powell; delegates to State Society, Drs. Beede and Powell; alternates, Drs. Arthur and Hull. Committee on finance: Drs. W. W. Fitzgerald, F. R. Clarke, C. R. Harry; committee on admission: Drs. M. Goodman, R. R. Hammond, A. W. Hoisholt, R. B. Knight, S. W. R. Langdon; committee on ethics: Drs. H. E. Sanderson, J. D. Young, H. E. Southworth, H. W. Taggart, J. D. Dameron; trustees: Drs. E. Harbert, S. E. Latta, D. F. Ray.

The members discussed the advisability of electing to membership in the local society members of the Homeopathic and Eclectic Schools. The members present were inclined to accept the views as presented by Dr. Philip Mills Jones in his recent lecture in this city, but delayed positive action until after the state meeting in April. It was further decided that the by-laws be so amended that the offices of secretary and treasurer be combined.

Dr. J. P. Hull entertained the society with a paper entitled "A Case of Diphtheria Followed by Multiple Peripheral Neuritis." The discussion was opened by Dr. R. B. Knight. The patient, a young woman of eighteen, and apparently recovered from a severe attack of diphtheria when she was attacked with multiple peripheral neuritis. For thirty-four days the patient was treated with injections of pilo carpine, thirty grain doses of strychnia hypodermatically every four hours, and nutrition was maintained by rectal injections of peptonized milk. The patient is evidently enjoying good health at the present time. In this case antitoxin was not used until after five days when it was used liberally, the attending doctor being unable to procure a supply of antitoxin during this time.

After liberal discussion of the case, Dr. Hull banqueting the members present and the society adjourned to meet at the office of Dr. Minerva Goodman the last Friday in the month.

BARTON J. POWELL, Secretary.

Santa Clara County.

The meeting of the society, held December 20, 1905, in the parlors of the St. James Hotel, San Jose, opened at the hour of 7:15 P. M., and was attended by the following members: Drs. Harris, Frasse, Snow, Wagner, Fraser, Hall, Jordan, Burns, Trueman, Holbrook, Asay (presiding), and Osborne, secretary.

The following applications were received: Dr. William Simpson, San Jose; Dr. Howard Black, Palo Alto; Dr. Clelia Duel Mosher, Palo Alto; Dr. Robert G. Reynolds, Palo Alto. The applications having been passed upon by the Committee on Admissions and reported back favorably, they were elected to membership.

Dr. Frasse presented for clinical consideration a lady who had been subjected over seven years ago to surgical operations for extirpation of cancerous growths. The parts were exposed and examined, showing absolute freedom from any signs of the former trouble and it was the opinion of the members that the operation had been a remarkably successful one.

Dr. Frasse also presented a patient with cretinism, previously before the society, to demonstrate the

results of treatment, during the past year. The case showed wonderful improvement and elicited most interesting discussion.

Reports from the society officers were received and filed.

Dr. Ethan H. Smith was granted, on his request, transfer credentials, having removed to San Francisco.

The next meeting of the society will be held Wednesday evening, January 17, 1906, at the parlors of the St. James Hotel, San Jose, at 7 P. M. This session will be a business session with no scientific program, in order that the business of the society that has been accumulating may be disposed of without further delay. Recommendations of the officers and committees relative to adoption of new Constitution and By-Laws, consideration of the proposed Fee Bill, and other important matters are to be discussed. An adjourned meeting will be held in Palo Alto on Saturday evening following, January 20, 1906, at which a rich literary program will be furnished. This meeting will be under special charge of the Palo Alto members. The meeting has been set for Saturday night, so that members from San Jose and vicinity may return on midnight train.

A. E. OSBORNE, Secretary.

Santa Barbara County.

At a regular meeting of the Santa Barbara County Medical Society, held December 18, 1905, the following resolution was unanimously adopted, viz:

Resolved, That a vote of thanks be extended by the Santa Barbara County Medical Society to the editors of *Collier's Weekly*, *Journal of the American Medical Association* and the *CALIFORNIA STATE JOURNAL OF MEDICINE*, for the bold and effective work in enlightening the public and profession on the Patent and Proprietary Medicine evil. The secretary to communicate a copy of this resolution to each.

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The Santa Barbara County Medical Society held its annual meeting for the election of officers in the parlor of the Arlington Hotel, January 8, 1906. The meeting was called to order by the president, Dr. William H. Flint, the secretary, W. B. Cunnane, at his desk.

After the reading of the minutes of previous meeting the election of officers for the ensuing year was declared in order and balloting brought the following results: President, W. B. Cunnane; vice-president, David A. Conrad; secretary, William T. Barry; treasurer, C. S. Stoddard.

On motion a vote of thanks was extended the retiring officers.

Refreshments and adjournment followed.

WILLIAM T. BARRY, Secretary.

Sacramento Society for Medical Improvement.

Regular monthly meeting called to order by President Twitchell, December 19, 1905, twenty members present.

A communication from the Secretary of the State Society relative to the law forbidding advertising of "grossly improbable statements," was received and filed.

A set of resolutions offered by Dr. W. A. Briggs, relative to the "nostrum" evil was, in the absence of the author, laid over for action at the next meeting.

Dr. F. G. Fay of Sacramento, having made application for membership according to the form recommended for such applications by the A. M. A. and the Secretary reporting that Dr. Fay's credentials were satisfactory, i. e., a diploma from the Bennett College of Eclectic Medicine and Surgery issued March, 1886, and a California State license of October, 1886, a ballot was taken and Dr. Fay duly elected a member of this society.

Dr. S. E. Simmons reported, and showed photographs of a case of myxedema and presented before the society a male adult patient of powerful physique, 204 lbs. weight and gaining, for diagnostic commentary as he was apparently developing tuberculosis of the dorsal spine.

Drs. Wright and Wilder reported cases of pneumonia treated with massive doses of quinine.

A general discussion followed on the interpretation and enforcement of the quarantine regulations as applied to scarlet fever.

E. M. WILDER, Secretary.

COOPER SCIENCE CLUB.

(Concluded from page 27, Vol. IV, No. 1.)

"The Development and Comparative Anatomy of the Pectoral Muscles" was expounded by Dr. Blaisdell in his paper as follows:

In giving a resumé of the development of the pectoral muscles it is proper to commence with the development of the mesoderm. If a transverse section of the bilaminar blastoderm of a chick be studied, and this section should be made through the primitive streak, it will be observed that the cells at the side of the streak are undergoing proliferation, and if an examination of a section of a slightly older blastoderm be next viewed, it will be observed that these cells have increased and extended laterad between the ectoderm and entoderm, and besides, they will be found to be closely associated with the entoderm, as can be exhibited by a series of older embryos. The entodermal cells undoubtedly multiplying and being cast off by a process of delamination, the mesoderm, therefore, having a double origin, but chiefly from the entoderm. It must be borne in mind that other embryonic structures are developing at the same time, especially the neural canal; the mesoderm is extending cephalad along the sides of the anlage of the central nervous system as well as laterad and caudad.

As development of the mesoderm proceeds, it will be observed to be thickest along the sides of the neural canal and thinning laterad, constituting, respectively, the paraxial and lateral plate of the mesoderm.

By the appearance of a horizontal cleft in the lateral plate, the mesoderm becomes divided into two laminae—the outer or somatic, by union with the surface; ectoderm constitutes the somatopleure. The inner, or splanchnic, by union with the entoderm, constitutes the splanchnopleure.

The mesodermal cells touching this cleft cavity or primitive celom take on an epithelial character and become the mesothelial cells. The ectoderm and entoderm are epithelial from the beginning, the mesodermal cells acquiring an epithelial character. If the series of sections already referred to be studied, it will be seen that the mesodermic cells are at first distinct; that they soon form a cellular network, and then differentiate into the mesothelium and certain cells which migrate out of the mesothelial area and become more distant from each other, but connected together by protoplasmic processes and to the mesothelium, constituting the mesenchyma. The spaces between the cells are filled by a protoplasmic intercellular substance. It is possible that all of the mesodermal cells are first transformed into mesothelium and then partly into mesenchyma.

During the third week in the human embryo the paraxial mesoderm undergoes segmentation by the appearance of transverse clefts. This occurs first in the cervical region, and by this segmentation a series of quadrangular bodies or mesoblastic somites will be observed along the sides of the neural canal when the embryo is viewed dorsally and from the surface. This segmentation proceeds gradually caudad. At the same time an intermediate mass of mesoderm is